

Work-Time Snack Habits and Vending Machine Use Survey

SNACK HABITS: This section asks about the types of snacks you have at work. Please mark how often you have them.

Salty Snacks:

Popcorn, chips, chex mix, cheese nibs, pretzels, peanut butter or cheese crackers

- Never Less than once per week 1 or 2 days per week 3-4 days per week Every workday 2 times per workday 3 or more times per workday

Sweet Pastry Snacks:

Doughnuts, Pop-Tarts, breakfast pastries, regular cookies, brownies, pies and cakes

- Never Less than once per week 1 or 2 days per week 3-4 days per week Every workday 2 times per workday 3 or more times per workday

Low Fat Snacks:

Chips, tortilla chips, puffs, corn chips, cookies, brownies, pies and cakes

- Never Less than once per week 1 or 2 days per week 3-4 days per week Every workday 2 times per workday 3 or more times per workday

Candies:

Jellie Bellies, gummies, Life savers, chocolate candy and bars

- Never Less than once per week 1 or 2 days per week 3-4 days per week Every workday 2 times per workday 3 or more times per workday

Granola:

Regular granola and granola bars

- Never Less than once per week 1 or 2 days per week 3-4 days per week Every workday 2 times per workday 3 or more times per workday

Fruit:

- Never Less than once per week 1 or 2 days per week 3-4 days per week Every workday 2 times per workday 3 or more times per workday

Vegetables:

- Never Less than once per week 1 or 2 days per week 3-4 days per week Every workday 2 times per workday 3 or more times per workday

Regular dairy products:

Whole or 2 percent milk, cheese (including cottage cheese), regular yogurt

- Never Less than once per week 1 or 2 days per week 3-4 days per week Every workday 2 times per workday 3 or more times per workday

Low fat dairy products:

1 percent or skim milk, yogurt, cheese

- Never Less than once per week 1 or 2 days per week 3-4 days per week Every workday 2 times per workday 3 or more times per workday

100 percent juice:

orange juice, apple juice or any other 100 percent juice

- Never Less than once per week 1 or 2 days per week 3-4 days per week Every workday 2 times per workday 3 or more times per workday

Sugar sweetened beverages:

Fruit drinks like Snapple or Lemonade, regular sodas

- Never Less than once per week 1 or 2 days per week 3-4 days per week Every workday 2 times per workday 3 or more times per workday

Calorie free drinks:

Water (including calorie free flavored water like Fruit2-O), diet soda

- Never Less than once per week 1 or 2 days per week 3-4 days per week Every workday 2 times per workday 3 or more times per workday

Sports drinks or flavored water with calories:

Gatorade, G2, Propel, vitamin water

- Never Less than once per week 1 or 2 days per week 3-4 days per week Every workday 2 times per workday 3 or more times per workday

Energy drinks:

RockStar, Red Bull, Monster, Throttle, etc.

- Never Less than once per week 1 or 2 days per week 3-4 days per week Every workday 2 times per workday 3 or more times per workday

Coffee (black)

- Never Less than once per week 1 or 2 days per week 3-4 days per week Every workday 2 times per workday 3 or more times per workday

Coffee with cream or sugar

- Never Less than once per week 1 or 2 days per week 3-4 days per week Every workday 2 times per workday 3 or more times per workday

How often do you buy a beverage from a vending machine at work?

- Never Less than once per week 1 or 2 days per week 3-4 days per week Every workday 2 times per workday 3 or more times per workday

How often do you buy a snack from a vending machine at work?

- Never Less than once per week 1 or 2 days per week 3-4 days per week Every workday 2 times per workday 3 or more times per workday

If you eat snacks at work but don't buy them from a vending machine at work, from where do you usually get your snack?

- Home
 Snack shop at work
 Store outside of work

NUTRITION INFORMATION: This section focuses on selecting snack items. Do you think a snack with the following quality would be a healthy snack?

High fiber

Yes No

High calorie

Yes No

Low in vitamins and minerals

Yes No

Low sugar

Yes No

High sodium

Yes No

Please choose the snack that is lowest in salt.

Potato chips Fresh fruit Pretzels

Please choose the snack that is highest in fiber.

Pop-tart Low-fat cheese Granola bar

Please choose the item that is lowest in calories.

Peanuts Baked chips Candy bar

THOUGHTS ON SNACKING: A healthy snack is one that is low in fat, sugar, sodium, and calories and high in fiber, vitamins and minerals. Examples of healthy snacks include fruit and vegetables, low-fat dairy products, and whole grain breads.

When given the choice, do you **USUALLY** choose healthful snack foods instead of less healthful foods?

- No, and I do not intend to change this within the next six months.
- No, but I intend to change this within the next six months.
- No, but I intend to change within the next month.
- Yes, and I have started doing so in the last six months.
- Yes, and I have done so for more than six months.

A healthy beverage would be one that is low in fat, sugar, and calories. Examples include: water, low-fat milk, and 100 percent fruit juice.

When given the choice, do you **USUALLY** choose healthful beverages instead of less healthful beverages?

- No, and I do not intend to change this within the next six months.
- No, but I intend to change this within the next six months.
- No, but I intend to change within the next month.
- Yes, and I have started doing so in the last six months.
- Yes, and I have done so for more than six months.

How certain are you that you can choose and eat healthful snacks and beverages under the following conditions?

When you are bored

- Not at all certain Somewhat uncertain Neither uncertain or certain Somewhat certain Very certain

When you are worried or nervous

- Not at all certain Somewhat uncertain Neither uncertain or certain Somewhat certain Very certain

When you are angry or upset

- Not at all certain Somewhat uncertain Neither uncertain or certain Somewhat certain Very certain

On days when things are not going your way and you feel frustrated

- Not at all certain Somewhat uncertain Neither uncertain or certain Somewhat certain Very certain

How certain are you that you can choose and eat healthful snacks and beverages under the following conditions?

When you have had a fight with someone close to you and you are upset

- Not at all certain Somewhat uncertain Neither uncertain or certain Somewhat certain Very certain

When you have a tough day and are not feeling good about yourself

- Not at all certain Somewhat uncertain Neither uncertain or certain Somewhat certain Very certain

When you are sad or down

- Not at all certain Somewhat uncertain Neither uncertain or certain Somewhat certain Very certain

When you have to fix healthful snacks for yourself

- Not at all certain Somewhat uncertain Neither uncertain or certain Somewhat certain Very certain

How certain are you that you can choose and eat healthful snacks and beverages under the following conditions?

When eating a less healthful snack is quicker

- Not at all certain Somewhat uncertain Neither uncertain or certain Somewhat certain Very certain

When mostly less healthful snacks are easy to find

- Not at all certain Somewhat uncertain Neither uncertain or certain Somewhat certain Very certain

When eating a healthful snack is just too much trouble

- Not at all certain Somewhat uncertain Neither uncertain or certain Somewhat certain Very certain

Please indicate how strongly you agree or disagree with each of the following statements.

I don't enjoy the taste of healthful snacks or beverages.

Strongly disagree Disagree Neither agree or disagree Agree Strongly agree

Healthful snacks are not salty enough.

Strongly disagree Disagree Neither agree or disagree Agree Strongly agree

Healthful snacks and beverages are not sweet enough.

Strongly disagree Disagree Neither agree or disagree Agree Strongly agree

Healthful snacks and beverages are not readily available.

Strongly disagree Disagree Neither agree or disagree Agree Strongly agree

Healthful snacks and beverages take too long to prepare.

Strongly disagree Disagree Neither agree or disagree Agree Strongly agree

Please indicate how strongly you agree or disagree with each of the following statements.

Healthful snacks and beverages are too expensive.

Strongly disagree Disagree Neither agree or disagree Agree Strongly agree

Healthful snacks and beverages don't satisfy a craving.

Strongly disagree Disagree Neither agree or disagree Agree Strongly agree

Healthful snacks and beverages don't give me the energy I need.

Strongly disagree Disagree Neither agree or disagree Agree Strongly agree

I don't know how to choose healthful snacks and beverages.

Strongly disagree Disagree Neither agree or disagree Agree Strongly agree

I don't know where to find healthful snacks and beverages.

Strongly disagree Disagree Neither agree or disagree Agree Strongly agree

DEMOGRAPHICS: This information is being used to describe the group of people who completed the survey. It will not be used to determine who took the survey.

What is your gender?

- Male Female

What is your age?

- 18-22 23-27 28-32 33-37 38-42- 43-47 48-52 53-58 59-63 over 63

How would you describe your race/ethnicity (check all that apply)?

- American Indian or Alaska Native
 Asian
 Black or African American
 Hispanic or Latino
 Native Hawaiian or Other Pacific Islander
 White

In what government building do you work?

- Department of Education Department of Public Health Capitol Agriculture Rehabilitation Other

How do you describe your weight?

- Very underweight Slightly underweight About the right weight Slightly overweight Very overweight

What are you trying to do about your weight?

- Lose weight Gain weight Stay the same weight I am not trying to do anything about my weight

Are you watching what you eat either to lose weight or for some other health-related reason?

- Yes No

Are you currently pregnant?

- Yes No Don't know